

small boxing handbook 11

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Tip:

Don't forget the groin guard

Something to know

Boxing, also called; pugilism, prize fighting, the sweet science or in Greek pygmachia

The earliest known depiction of boxing comes from a Sumerian relief from the 3rd millennium BC

Later depictions from the 2nd millennium BC are found in reliefs from the Mesopotamian nations of Assyria and Babylonia, and in Hittite art from Asia Minor

Boxing was part of the greek olympics

Boxing was a popular spectator sport in Ancient Rome

I forgot a couple of things in small boxing handbook 10 when it comes to knuckles and punching

In bare knuckle punching the head it's possible to hit only with the middle finger knuckle

or only with the pointing finger knuckle

-Though this is pretty dangerous as you might injure that knuckle

And sometimes only the middle finger and ring finger knuckle will make contact

or only the pinky and ring finger knuckles

You can also just punch randomly or just punch

Slipping

rotates the body slightly so that an incoming punch passes harmlessly next to the head.

As the opponent's punch arrives, the boxer sharply rotates the hips and shoulders

This turns the chin sideways and allows the punch to "slip" past

A slipper will also most likely be a good counter puncher

Most of the time a slipper will immediately strike their opponent back

Sway or fade

To anticipate a punch and move the upper body or head back so that it misses

or has its force appreciably lessened

Also called "rolling with the punch" or "Riding The Punch"

Duck or break

To drop down with the back straight so that a punch aimed at the head glances or misses entirely

Bob and weave

Bobbing moves the head laterally and beneath an incoming punch

As the opponent's punch arrives, the boxer bends the legs quickly and simultaneously shifts the body either slightly right or left

Once the punch has been evaded, the boxer "weaves" back to an upright position, emerging on either the outside or inside of the opponent's still-extended arm

To move outside the opponent's extended arm is called "bobbing to the outside"

To move inside the opponent's extended arm is called "bobbing to the inside"

The cover-Up

Covering up is the last opportunity (other than rolling with a punch)

to avoid an incoming strike to an unprotected face or body

Generally speaking, the hands are held high to protect the head and chin and the forearms are tucked against the torso to impede body shots

When protecting the body, the boxer rotates the hips and lets incoming punches "roll" off the guard. To protect the head, the boxer presses both fists against the front of the face with the forearms parallel and facing outwards
This type of guard is weak against attacks from below

Philly Shell or Shoulder roll defense

This is actually a variation of the cross-arm defense

The lead arm (left for an orthodox fighter and right for a southpaw) is placed across the torso usually somewhere in between the belly button and chest and the lead hand rests on the opposite side of the fighter's torso. The back hand is placed on the side of the face (right side for orthodox fighters and left side for southpaws)

The lead shoulder is brought in tight against the side of the face (left side for orthodox fighters and right side for southpaws)

This style is used by fighters who like to counterpunch

Check hook

A check hook is employed to prevent aggressive boxers from lunging in

There are two parts to the check hook

The first part consists of a regular hook

The second, trickier part involves the footwork

As the opponent lunges in, the boxer should throw the hook and pivot on his left foot and swing his right foot 180 degrees around

If executed correctly, the aggressive boxer will lunge in and sail harmlessly past his opponent like a bull missing a matador

This is rarely seen in professional boxing

as it requires a great disparity in skill level to execute

Technically speaking it has been said that there is no such thing as a check hook and that it is simply a hook applied to an opponent that has lurched forward and past his opponent who simply hooks him on the way past

Others have argued that the check hook exists but is an illegal punch due to it being a pivot punch which is illegal in the sport

Overhand right

The overhand right is a punch not found in every boxer's arsenal

Unlike the right cross, which has a trajectory parallel to the ground, the overhand right has a looping circular arc as it is thrown over-the-shoulder with the palm facing away from the boxer

It is especially popular with smaller stature boxers trying to reach taller opponents